Wyoming Initiative for Medical Evaluation and Treatment: Spine Injury and Pain

OSWESTRY Claimant is to complete this form

													
Name:									Date	e:	· · · · · · · · · · · · · · · · · · ·		
No	Pain		Please	rate the se	everity of	your pain	ı by	circling a nu	mber belov	N	Unbea	rable Pai	
	0	1	2	3	4	5		6	7	8	9	10	
		Instructions	: Please cir	rcle the ON	E NUMBI	ER in eac	h_se	ction which m	ost closely	describes ye	our problem	<u>.</u>	
	Section 1 - Pain Intensity							Section 6 - Standing					
	The pain comes and goes and is very mild						0	I can stand as long as I want without pain					
	The pain is mild and does not vary much						1	I have some pain on standing but it does not increase with time					
	The pain comes and goes and is moderate						2	I cannot stand for longer than 1 hour without increasing pain					
	The pain is moderate and does not vary much The pain comes and goes and is severe						3 4	I cannot stand for longer than ½ hour without increasing pain I cannot stand for longer than 10 minutes without increasing pain					
	The pain is severe and does not vary much						5	I avoid stand for longer than 10 minutes without increasing pain I avoid standing because it increases the pain immediately					
•	2 Turota standing because it increases the path initionates									y			
	Section 2 - Personal Care (Washing, Dressing, etc.)							Section 7 - Sleeping					
	I do not have to change my way of washing or dressing in order to avoid pain						0	I get no pain in bed					
	I do not normally change my way of washing or dressing even though it causes some pain						1	I get pain in bed but it does not prevent me from sleeping well					
	Washing and dressing increase the pain, but I manage not to change my way of doing it						2	Because of pain my normal nights sleep is reduced by less than one quarter					
	Washing and dressing increase the pain and I find it necessary to change my way of doing it						3	Because of pain my normal nights sleep is reduced by less than one half					
	Because of the pain I am unable to do some washing and dressing without help						4	Because of pain my normal nights sleep is reduced by less than three-quarters					
	Because of the pain I am unable to do any washing and dressing without help						5	Pain prevents me from sleeping at all					
			Section 3	- Lifting					Section	n 8 - Socia	ıl Life		
0	can lift heavy weights without extra pain						0	My social life is normal and gives me no pain					
1	I can lif	can lift heavy weights but it gives extra pain					1	My social life is normal but it increases the degree of pain					
2	Pain pre	vents me liftir	ng heavy wei	ghts off the f	loor		2	Pain has no si	gnificant effe	ct on my socia	al life apart fro		
	D .			1. 00.1 0			_	my more ener					
		vents me liftir if they are cor				n	3	Pain has restri	cted my soci	al life and I do	not go out ve	ry often	
4	Pain nre	vents me liftir	ivementry po og heavy weid	ohts hut I ca	n manage lig	ht to	4	Pain has restri	cted by socia	l life to my bo	nme		
		weights if the				,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	•	I dill has result	olou oy sooia	i ino to my no	, inc		
	I can only lift very light weights at most						5	I have hardly any social life because of the pain					
			Section 4 -	Walking						on 9 - Trav	eling/		
0	I have n	o pain on wall	cing				0	I get no pain v					
		ome pain on w				istance	1	I get some pai travel make it		ling, but none	of my usual fo	orms of	
		walk more the					2	I get extra pair alternate form	s of travel	_	-		
3	I cannot	walk more the	an ½ mile wi	thout increas	ing pain		3	I get extra pair alternative for	ms of travel		_		
		walk more the			ing pain		4	Pain restricts			eys under ½ h	our	
5	I cannot	walk at all wi	thout increas	ing pain			5	Pain restricts	all forms of t	avel			

Section 5 - Sitting

- 0 I can sit in any chair as long as I like
- I can sit only in my favorite chair as long as I like
- 2 Pain prevents me from sitting more than 1 hour
- Pain prevents me from sitting more than 1 hour
- 4 Pain prevents me from sitting more than 10 minutes
- 5 I avoid sitting because it increases pain immediately

TOTAL SCORE:

Section 10 - Changing Degree of Pain

My pain seems to be getting better, but improvement is slow

My pain is rapidly getting better

My pain is gradually worsening

My pain is rapidly worsening

My pain fluctuates, but is definitely getting better

My pain is neither getting better or worse